Hangzhou 2016
Embarking on a Journey
Our agenda

● Morning:
  - Team introduction
  - Hangzhou introduction
  - Overall arrangement
  - Preparation for the trip
● Noon:
  - Get to know your team members
● Afternoon:
  - IUHPFL rules
  - Interaction with a former instructor
  - Team building activities
  - Oral interview with teachers
Roster check

- Noah Brochin
- Ryan Carr
- Emma Crooks
- Anna Jacobs
- Joshua Lindsey
- Keegan MacDonell
- Ethan McAndrews
- Alex Moser
- Erika Pioch
- Olivia Ray
- Sierra Wilson
Overview of our handbook

- Program calendar
- Daily schedule
- Introduction of Hangzhou, Beijing and Shanghai
- Rules (curfew, language commitment, Internet access, etc)
- Cultural etiquettes
- Reminders
- Packing lists
This summer we will explore the other side of the world – China, a country with the longest history, diverse food and marvelous cultures. Our vision is to embark on this “journey to the east” like 美猴王 (Beautiful-monkey-king). We believe that it is only by using the target language with the native speakers that students will improve their language proficiency and gain a deeper understanding of the Chinese society and culture. This is not easy. Like Monkey King, who conquered 81 obstacles and finally achieved his ultimate goal, our students will develop a portfolio of their own exploration and growth in China.
Program Calendar

- June 9th, Leave for China at 8 am from Indianapolis
- June 10th, Arrive in Shanghai at 2:55pm, take a train to Hangzhou in the same day. (Zhejiang International Hotel)
- June 12th to July 8th. Studying in Hangzhou No.14 high school (7/3 Farewell party)
- July 9th to July 11th. Traveling in Beijing, visit Tian’anmen Square, National History museum, Forbidden City, Summer Palace, and Great Wall
- July 12th to July 13th. Traveling in Shanghai, visit Xintiandi, Oriental Pearl Tower, Shanghai Museum, City of God Temple, Yu Garden, Nanjing Road, and the Bund
- July 14th 4:50pm Depart from Shanghai, return to the US
- July 14th 11:40pm Arrive in Indianapolis
About Hangzhou

https://www.youtube.com/watch?v=bN5_kezXyTU
Hangzhou No. 14 Middle School
In Hangzhou: A Typical Day

- Classes
- Cultural Activities
- Free-time
- Host Family Interactions
## In Hangzhou: A Typical Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>8:00-8:30</td>
<td>Support &amp; Success Groups</td>
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<tr>
<td>8:45-9:15</td>
<td>Phonetic &amp; Characters</td>
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<td>9:30-10:45</td>
<td>Grammar &amp; Linguistics</td>
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<td>(short break in between)</td>
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<tr>
<td>10:45-11:15</td>
<td>Break</td>
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<tr>
<td>11:15-12:30</td>
<td>Communication &amp; Speech</td>
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<tr>
<td>(short break in between)</td>
<td>Communication &amp; Speech</td>
</tr>
<tr>
<td>12:40-1:30</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30-2:45</td>
<td>Culture/Literature (every other day)</td>
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<tr>
<td>(short break in between)</td>
<td></td>
</tr>
<tr>
<td>3:00-3:45</td>
<td>Indoor activities</td>
</tr>
<tr>
<td>3:45-4:45</td>
<td>Outdoor activities</td>
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Afternoon Cultural Activities
Excursions (Beijing)

https://www.youtube.com/watch?v=4mptgbtMcTc
Excursions (Shanghai)

https://www.youtube.com/watch?v=VJ-FzK0jGcg
Departure day

**Time:** 8:00 AM, June 9 (Monday)
**Place:** Indianapolis International Airport
**Flight:** American 2281

We will transfer at Dallas/Fort Worth International Airport.

June 9th, 10:55am

Arrive in Shanghai. Pudong International Airport
June 10th, 2:55 PM
Departure day

Arrive at Indianapolis Airport: You will be travelling with Wang Laoshi.

- Meet the group at the check-in counter at **05:00** AM. The group will go through security together.
- Check your bags all the way to Shanghai. Be sure you keep important things with you, such as money, medication, etc.
- You can check **ONE** bag for free:
  - Max. Weight per bag- 50 lb; Max. Linear Dimensions per bag- 62 inch
- You cannot take liquids **more than 3.4 ounces** onto the airplane.
What to have on hand

- Passport
- Flight information / boarding passes
- Waolaoshi: 8123696494
Pre-departure: Dos and Don’ts...

- **Do...**
  - weigh your baggage (limit of 50lb per bag) before leaving home. You don’t want to have to repack at the counter!
  - have a snack before you arrive at the airport. Food at the airport is pricey, and you’ll want to save your money for Shanghai.
  - bring plenty to keep you busy on the plane. Card games, books and magazines (in Chinese, of course!) are great diversions.

- **Don’t...**
  - Think carefully about what you are going to bring. Hangzhou is hot in summer but it also rains sometimes. Try to choose your attire accordingly.
  - forget to check for power cords, adaptors (220V in China) and medications before leaving.
Money

- Bring some cash with you (RMB 500) for the first few days
- Debit or CREDIT card in the student’s name – Visa/Mastercard/Discover (Credit cards are only accepted by big merchants)
- **Call your bank** and let them know where, when and how long you are traveling, make sure you got the correct PIN number for cash advance or Cash withdrawal
- Note that there may be Foreign Transaction Fee, Cash withdrawal fee and Cash Advance Fee. Contact your bank/credit card issuer to learn about the amount.
- Keep within budget (RMB 2000) but know how to access more money when necessary
Present Exchange Rate: (xe.com)

- $1 = ¥6.49
- $15 ≈ ¥100, $7.7 ≈ ¥50, $1.5 ≈ ¥10, $3.0 ≈ ¥20
- $308.11 ≈ ¥2000
- $100 ≈ ¥649
In Hangzhou

- Postcard = RMB 5.00
- Stamp = RMB 6.00
- Coffee = RMB 24.00
- Ice cream cone = RMB 9.00
- Bakery (one item) = RMB 9.00
- Meal at McDonald’s = RMB 25.00
- Meal at a regular diner (no tip) = RMB 35.00
- Metro ticket (one-way trip) = RMB 6.00
- Movie ticket = RMB 120.00
- T-shirt = RMB 60.00

Exchange Rate:
RMB : Dollar = 6 : 1
Managing your budget

- Know from the beginning how much money you can spend
- Divide the available amount in parts
  Two options:
  1) Separate 10% of the budget and divide the rest by 5 (weeks)
  2) Divide the budget in 6 parts (5 for the 5 weeks and 1 for emergencies)
- Keep track of your expenses: carry a small notebook with you to write down your expenses and the money left
- Think that you might want to buy souvenirs in Hangzhou or might have to pay overweight at the airport when budgeting your money
How to save money

- Don’t buy things that you don’t really need
- When buying things, think that you need to carry it with you to the US. If you can’t carry it with you, why spend money on it
- Compare prices before buying
- Don’t buy in the most touristic areas. The closer to a touristic site, the more expensive things will be.
- If you bring cash in dollars from the US, change just a few dollars in the airport and wait until you arrive in Hangzhou to change the money in a bank. It will be cheaper.
How to pay

- In China, the main way to pay is by cash. Many small merchants do not take debit or credit cards.
- The merchants that take cards are most likely to take Visa/Mastercard. Discover partners with UnionPay in China, so it can be used where UnionPay is accepted, but it may take some explanation. Note that there may be a foreign transaction fee incurred.
- You have easy access to ATMs in China. Note that there may be a cash advance fee incurred.
Final tips on money

● Don’t carry all your money with you
● Remember that we’ll be visiting Beijing in July and you might want to buy souvenirs there
● Don’t forget to put aside some “emergency money”
● Instructors won’t be lending any money. Students are expected to keep their money in budget and keep their money safe.
Safety tips

- Try to divide the cash and put it in at least 3 different places
- Be aware of pickpockets. Unfortunately, there can be a lot in crowded and touristic places
- When paying with a card, try not to lose sight of the card
- When typing in the card’s PIN number cover the keyboard with the other hand (sometimes people find the way to duplicate your card and if they can see your PIN number it’s easier for them to use the duplicate)
- Girls should be careful with handbags: bring cross-body handbags to avoid snatching; don’t hang the bag from the chair when in a restaurant.
Home sickness and Culture shock

● Homesickness
1. Keep some family things around you
2. Find similar activities to do
3. Keep yourself busy-- outdoor activity, talking with host family
4. Keep journal
5. sharing your feeling with your instructor or host family

● Culture shock
1. Consider it a chance to learn about Chinese culture.
   Communicate with host family.
2. Have faith in yourself: you can figure it out and adjust well
3. Tell your instructor.
Cultural Etiquette

- Living with a host family
- Dining Etiquette
- Treating and be treated
- Gift-Giving
- Shaking Hands
- Gratitude
- Taboo Topics
Reminders

- Meals in hotel can be Expensive
- Volume of Voice
- Declining street vendors
  “我身上没有钱。” (I don’t have money with me.)
- Always carry TISSUE when you go out
Before we leave: Packing List

- Weather: hot & humid & rainy, 75s and 85s
- Clothes:
  1. Close-toe shoes
  2. One or two nice outfits for formal occasions
  3. Clothes that can be layered:
     
     short-sleeve shirts, long sleeve shirts for cooler days, rain jacket, jeans, shorts (not too short!), sandals

- Basic school supplies besides textbook: pens & notebooks
Before we leave: things to remember

- Any medications (Over-the-counter and prescription – even if you don’t think you’ll need them)
- Contact lenses/glasses: bring extras and prescription
- Feminine products
- Sunscreen
Questions ?
Contact information

- Jade Jiang: jjiang@zcs.k12.in.us
- Yongkai Wang: wangyon@indiana.edu

- Join us on Facebook
  https://www.facebook.com/groups/1701083830170822/

- Blog:
  https://iuhpflhangzhou2016.wordpress.com/
You’ll be divided into two groups

Take turns to meet and talk with your new friends in Chinese for 2-3 minutes

Write down on your sheet in Chinese the required questions.

Find out what you have in common (e.g. high school, hobby, habit…)

IUHPFL: 3 Pillars

- **Academic focus**
  - Don’t forget that this is an academic program! Always make sure to allow time for homework.

- **Honor Code**
  - Always act in accordance with the honor code!

- **Host family experience**
  - Make sure to spend time with your host family and always speak Chinese!
Honor Code

Language Commitment
a) Communication with family and friends
b) No personal electronic devices
c) Music, books should be in the target language
d) IUHPFL cell phones are for emergency only
Honor Code

- Restrictions on Dating Pledge
  Restrict dating with IUHPFL students or with a member of the host culture
Honor Code

- Risky Activities
  a) Driving a car or other motorized vehicle is forbidden. Riding passenger on a motorcycle is prohibited.
  b) Risky athletic activity that could result in physical injury can only be practiced with the authorization of the students' parents and that of the staff.
  c) Do not receive tattoos or piercings during the program.
Honor Code

- Prohibition of the Use of Alcoholic Beverages, Drugs and Tobacco

Honors Program students are to conduct themselves abroad as minors from the state of Indiana with regard to the consumption of alcohol, drugs and tobacco.
Honor Code

- Weeknight and Weekend Activities
  a) During weeknights, students may go out only with their host families, provided they have informed the onsite staff and are home at a reasonable hour (curfew: 9pm)
  b) To go out on weekends, students must have special permission from the onsite staff. They may not go out alone or solely with other students, but must be accompanied by their host parents or an instructor (curfew: 9:30pm)
Honor Code

- Curfew

We recommend you to learn about the curfew time of the host family when you move in. Of course, you can discuss with host parents when you have your own plan. Respect the curfew hours. Your host siblings have their own schoolwork, so they may have different curfew hours. Always let your host parents know where you are and when you will go back home.
Honor Code

- Pledge to Adhere to Host Family Norms
  Treat host families with respect and courtesy, making every effort to follow the norms established by the family.
  * In accordance with the Chinese culture, students will be asked to hand wash their undergarments separately from other articles of clothing.
Honor Code

- Travel
  a) There shall be no unaccompanied travel outside of the host town. If students wish to travel with their host families a reasonably far distance outside of the host town, students must receive permission from the onsite staff.
  b) Honors Program students are not to host U.S. or international friends or family in the study site while the Program is in session.
Honor Code

- Academic Honesty
  All IUHPFL students must pledge to maintain the highest level of academic honesty, refraining from any academic misconduct, defined by Indiana University’s Code of Student Responsibilities as “any activity that tends to undermine the academic integrity of the institution,” in which human, hard-copy or electronic resources may be misused.
Honor Code

- Honors Program Pledge to Excellence
  a) IUHPFL students pledge to follow the above Honor Code in order to facilitate maximum language learning while abroad and to ensure their safety
  b) Students will receive an IUHPFL Final Evaluation based on their performance on the Program. Students that complete the Program will earn an IUHPFL Diploma
the pledge to adhere to the Honor Code is as much a group pledge as it is an individual pledge. Consequently, in making the pledge, the IUHPFL student not only agrees to fulfill the pledge him or herself, but also agrees to hold his or her peers accountable for maintaining the pledge as well.
The adherence to these norms is of critical importance. Infractions of the Honor Code will result in repercussions, the most severe of which could be expulsion from the program.

Any infraction of the Honor Code will be recorded by the onsite staff in an official Incident Report and immediately communicated to the guardians of the IUHPFL student, the staff in Bloomington, and to the student's host family (if relevant).
Honor Code

- In the event that the Honor Code is violated by a large number of students collectively, the consequences may apply to the entire group of students. For this reason, students are highly encouraged to hold one another accountable for their actions and for adherence to the Honor Code.
Host Family Interactions

- Always ASK permission for ANY favors or privileges.
- Have an open mind to assimilating to the new family’s way of life. (e.g. share food)
- Be willing to try new food!
- Ask, ask, ask!

- Host family changes are rare! (Students are encouraged to spend at least a week with their hosts before making the request to explore a host family change.)
Host Family Interactions

- In rare cases, you may share a room with a host family sibling.
- Wash your undergarments by hand, separately from other items of clothing.
- No dryer in China!
Host Family Interactions

- What if your host family members start to speak English to you?

对不起，我得说中文。我们还是说中文吧！
Support group & self-reflection

- What excites me most about being in the IUHPFL is...
- While travelling, my attitude is usually...
- When I think about speaking only Chinese, I...
- I work best when ...
- I do not work well when ...
- When I get stressed out with my work, I...
- When I need help with my work, I...
- When I feel that I’m having trouble finding friends, I...
- When my obligations feel unbearable, I....
- I cannot work with someone, who....
- In my spare time, I...
- When I get homesick, I could...
- In a crisis situation, I...
Interactive Discussion

Find your group members first
Work in a group of 4 students and 1 instructor
Oral interviews